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Stop Fatigue Related Traffic Accidents

KNOW THE RISKS

PRACTICE AWARENESS

SYMPTOMS OF FATIGUE

**INADEQUATE SLEEP, EVEN JUST ONE
NIGHT, CAN
HAVE A NEGATIVE EFFECT ON MOOD &
EMOTIONS,
MEMORY, ABILITY TO MAKE GOOD
DECISIONS,
CONCENTRATE, AND CAUSES INCREASED
SENSITIVITY TO PAIN**

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KNOW THE RISKS

PRACTICE AWARENESS

**DRIVING REVEALS YOUR TRUE LEVEL OF
FATIGUE (SLEEPINESS)**

(After driving for a few minutes, it will show)

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KNOW THE RISKS

PRACTICE AWARENESS

STATISTICS ON FATIGUE DRIVING

FATAL CRASHES

**2.7% OF ALL FATAL CRASHES IN 2003 WERE
CAUSED BY DRIVER FATIGUE**

(source: National Highway Traffic Safety Administration,
NHTSA)

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KNOW THE RISKS

PRACTICE AWARENESS

TIPS THAT DON'T WORK

- Rolling down the window
- Listening to the radio- loud music
- Taking off your shoes
- Eating a snack
- Splashing cold water on your face

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PRACTICE AWARENESS

MINIMUM REQUIRED SLEEP (FOR MOST ADULTS)

Most adults need 8 hours sleep each night for optimum daylight alertness and performance

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WHO IS MOST AT RISK?

YOUNG DRIVER AGE 18 TO 29

- **LIFESTYLES ARE PRONE TO GETTING LESS SLEEP**
- **EXTRACURRICULAR ACTIVITIES ARE PREVALENT**
- **LATE NIGHT SOCIALIZING**
- **POOR SLEEP HABITS**

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DRIVER FATIGUE QUESTION

Coffee can help overcome the effects of drowsiness while driving? (T or F)

Answer: True-caution is advised here. It takes 20 - 30 minutes for the caffeine to take effect, and although it helps you with alertness it is by no means a substitute for rest. Also, once you get home it takes a couple of hours to subside in the system so if you need to go to sleep immediately when you get home, this may cut down on your rest for the next day.

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~~PRACTICE AWARENESS~~

SYMPTOMS OF FATIGUE

CUMULATIVE SLEEP LOSS OVER (OVER SEVERAL DAYS) MAY CREATE SHORT TEMPEREDNESS, DEPRESSION, OR ANXIOUSNESS

(DON'T IGNORE THESE SYMPTOMS, CATCH UP ON OUR REST)

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PRACTICE AWARENESS

DRIVER FATIGUE QUESTION

I CAN TELL WHEN I'M GOING TO GO TO
SLEEP!
(T OR F)

Answer: False- Sleep is not voluntary. If you're drowsy, you can fall asleep and never even know it. You cannot tell how long you've been asleep.

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DRIVING RISK FACT:

FROM A HUMAN BIOLOGICAL STANDPOINT
THERE IS A STRONG RELATIONSHIP
BETWEEN TIME OF DAY AND TRAFFIC
ACCIDENTS / INCIDENTS

(The most dangerous time biologically is between 2400
and 0600)

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PRACTICE AWARENESS

DRIVER FATIGUE QUESTION:

ROLLING DOWN MY WINDOW OR SINGING
ALONG WITH THE RADIO WILL KEEP ME
AWAKE? (T OR F)

Answer: False- An open window or the radio has no
lasting effect on a person's ability to stay awake.

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KNOW THE RISKS PRACTICE AWARENESS

STATISTICS ON FATIGUE DRIVING

FATAL CRASHES

APPROXIMATELY 3% OF HIGHWAY FATALITIES
LAST YEAR WERE SLEEP RELATED (THIS
FIGURE IS UNDERSTATED BECAUSE SOME
STATES DON'T RECOGNIZE THIS AS A
LEGITIMATE CAUSE OF CRASHES)

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KNOW THE RISKS PRACTICE AWARENESS

DRIVER FATIGUE QUESTION

I 'M A SAFE DRIVER SO IT DOESN'T MATTER
IF I'M SLEEPY. (T OR F)

ANSWER: False- The only safe driver is an alert driver.
Even the safest drivers become confused and use poor
judgment when they are sleepy or fatigued.

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KNOW THE RISKS PRACTICE AWARENESS

DRIVER FATIGUE INFORMATION

**THE STRONGEST AND MOST CONSISTENT
BIOLOGICAL FACTOR NEGATIVELY
INFLUENCING DRIVER FATIGUE AND
ALERTNESS IS TIME OF DAY!**

BETWEEN 2400 AND 0600

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DRIVER FATIGUE QUESTION

YOU CAN “STOCKPILE” SLEEP ON THE WEEKENDS! (T OR F)

ANSWER: FALSE-Sleep is not money. You can't save it up ahead of time and you can't borrow it. But, just as with money, you can go in debt.

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DRIVER FATIGUE INFORMATION

TIME OF DAY IS A MUCH BETTER PREDICTOR OF DECREASED DRIVING PERFORMANCE THAN CONTINUAL HOURS OF DRIVING! (I.E. STUDIES HAVE SHOWN THAT A PERSON IS MORE LIKELY TO GET INTO A CAR ACCIDENT WHEN IT IS IN THE TIME PERIOD WHEN THEY ARE NORMALLY RESTING AS COMPARED TO WORKING LONG HOURS OR DRIVING LONG HOURS)

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DRIVER FATIGUE QUESTION

MOST ADULTS NEED AT LEAST SEVEN HOURS OF SLEEP EACH NIGHT. (T OR F)

ANSWER: TRUE- The average person needs seven or eight hours of sleep per night. If you go to bed late and wake up early to an alarm clock, you probably are building a sleep debt.

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KNOW THE RISKS

PRACTICE AWARENESS

FIXES- (ALTERNATIVES NOT AS GOOD AS SLEEP)

VIGOROUS EXERCISE LIKE 2 MINUTE BURSTS OF
RUNNING IN PLACE, JUMPING JACKS, STRAIGHT UP
AND DOWN JUMPS - ARE WAYS TO TEMPORARILY
CHARGE UP THE SYSTEM TO OVERCOME SLEEPING

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PRACTICE AWARENESS

DRIVER FATIGUE QUIZ

**BEING SLEEPY MAKES YOU MISPERCEIVE
THINGS
(T OR F)**

ANSWER: TRUE- One of the warning signs of a drowsy driver is misjudging surroundings.

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KNOW THE RISKS

PRACTICE AWARENESS

DRIVER FATIGUE INFORMATION

**SLEEPY (FATIGUED) PEOPLE WHO NOD
OFF BEHIND THE WHEEL ARE JUST AS
DANGEROUS AS DRUNK DRIVERS**

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KNOW THE RISKS PRACTICE AWARENESS

DRIVER FATIGUE QUESTION

YOUNG DRIVERS ARE CAPABLE OF GETTING BY ON LESS SLEEP BECAUSE THEIR STAMINA AND PHYSICAL CONDITION?

ANSWER: FALSE- Young people need more sleep than adults. Males under 25 are at the greatest risk of falling asleep. Half of the victims fatigued-related crashes are under 25.

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PRACTICE AWARENESS

DRIVING FATIGUE INFORMATION

“DRIVING WHEN SLEEP DEPRIVED IS A
RECIPE FOR HAVING A SERIOUS, PERHAPS
FATAL VEHICULAR CRASH!”

(David Willis, American Automobile Association
Foundation President)

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PRACTICE AWARENESS

DRIVER FATIGUE QUESTION:

WANDERING, DISCONNECTED THOUGHTS
ARE A WARNING SIGN OF DRIVER FATIGUE?
(T OR F)

ANSWER: True- If you are driving and your thoughts
begin to wander, it is time to pull over and take a break
or let someone else in the car take over the wheel.

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PRACTICE AWARENESS

SOME PHYSICAL SYMPTOMS OF FATIGUE

- INVOLUNTARY EYE CLOSING
- YAWNING
- FEELING TIRED
- INABILITY TO STAY IN LINE
- INATTENTION

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PRACTICE AWARENESS

MORE PHYSICAL SYMPTOMS OF FATIGUE (DRIVING)

- SLOWER THAN NORMAL REACTION TIME
- IMPAIRED JUDGEMENT & VISION
- THE DRIVER PAYS LESS ATTENTION TO
IMPORTANT ROAD SIGNS
ROAD CHANGES
ACTIONS OF OTHER DRIVERS

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PRACTICE AWARENESS

MORE SYMPTOMS OF FATIGUE (DRIVING)

- HAS A HARD TIME KEEPING HEAD UP
- DISCONNECTED THOUGHTS / DAYDREAMING
- RESTLESS / IRRITABLE
- CAN'T REMEMBER LAST SEVERAL MILES
DRIVEN
- ENGAGES IN "TAILGATING"

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PRACTICE AWARENESS

DRIVER FATIGUE QUESTION:

Little green men in the middle of the road may mean the driver is too tired to drive? (T or F)

ANSWER: True- Seeing things that are not there is a good indication it is time to stop driving and take a rest.

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**FIXES - (REASONABLE
ALTERNATIVES**

BUT NOT AS GOOD AS SLEEP)

SOME EXPERTS RECOMMEND DRINKING 2
CUPS OF
COFFEE, WAIT 20 MINUTES, AND THEN
DRIVE.

**DRAWBACK: IT MAY TAKE 2 HOURS OR MORE
BEFORE BEING ABLE TO FALL ASLEEP**

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DRIVER FATIGUE RELATED INFORMATION

THERE IS NO QUICK FIX AND NO SINGLE SOLUTION TO THE FATIGUE PROBLEM WHILE DRIVING.

Sleep is the principle counter measure to fatigue. Drivers who are informed of the risks, however, can be alert for and react when the symptoms are

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~~PRACTICE AWARENESS~~

DRIVER FATIGUE FIXES

**YOU MAY BE FACING A “SUDDEN,
UNCONTROLLED SLEEP ATTACK”**

When confronted with this situation, stop driving immediately and follow some of the measures outlined in previous lessons.

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KNOW THE RISKS

PRACTICE AWARENESS

DRIVER FATIGUE QUESTION

A “MICROSLEEP” LASTS FOUR OR FIVE
SECONDS?
(T OR F)

ANSWER: TRUE- During a “microsleep” of four or five seconds, a car can travel 100 yards, plenty of time to cause a serious or possibly fatal crash.

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KNOW THE RISKS

PRACTICE AWARENESS

AVOID THIS:

If at all possible, avoid driving during your body's normal "down time"

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FATIGUE DRIVING INFORMATION

“SLEEPY (FATIGUED) DRIVERS ARE AT PARTICULAR RISK FOR MOTOR VEHICLE CRASHES BECAUSE THEY MAY NOT PERCEIVE A POTENTIAL CRASH THREAT OR REACT QUICKLY ENOUGH TO TAKE EVASIVE ACTION”.

(Journal of the American Medical Association, June 17, 2001)

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KNOW THE RISKS PRACTICE AWARENESS

FATIGUE DRIVING INFORMATION

“SLEEPY (FATIGUED) DRIVERS RISK INJURY AND DEATH, NOT ONLY FROM FALLING ASLEEP WHILE DRIVING, BUT ALSO FROM LOSS OF ATTENTION OR SLOWING OF REACTIONS DURING CRITICAL DRIVING TASKS OR MANEUVERS”.

(Journal of the American Medical Association, Jun 17, 2001)

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FATIGUED DRIVER INFORMATION

“WE AS A SOCIETY DON’T VIEW SLEEP AS A NECESSARY FUNCTION BUT MORE AS A LUXURY. WE TRY TO SHORTEN THE AMOUNT OF SLEEP WE GET AND ARE MORE SLEEP-DEPRIVED AS A SOCIETY”.

(Sean Martin, WebMD Washington Correspondent, December 21, 1999)

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KNOW THE RISKS

PRACTICE AWARENESS

**TIPS TO HELP A DRIVER OVERCOME
FATIGUE**

**TALK TO HIM / HER WHILE THEY ARE
DRIVING TO HELP THEM KEEP FOCUSSED
AND TO ASSESS THEIR CONDITION**

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PRACTICE AWARENESS

STATISTICS ON FATIGUE DRIVING

FATAL CRASHES DUE TO DRIVING WHILE FATIGUED

- **100,000 CRASHES PER YEAR**
- **71,000 INJURIES PER YEAR**
- **1500 DEATHS PER YEAR**

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(source: National Highway Traffic Safety Administration, NHTSA)

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KNOW THE RISKS

PRACTICE AWARENESS

DRIVING WHILE FATIGUED INFORMATION

MORE THAN 24% OF DRIVERS WHO CRASHED FROM
FATIGUE HAD LESS THAN 6 HOURS SLEEP PRIOR
GETTING BEHIND THE WHEEL

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KNOW THE RISKS

PRACTICE AWARENESS

FATIGUE DRIVING INFORMATION

SUFFICIENT SLEEP WILL HELP YOU COPE
WITH STRESS AND EFFECTIVELY FACE THE
SITUATIONS YOU ARE TRYING TO MANAGE